



FITLUD
FITNESS MOTIVATION GURU

5 WEEK FIT5

TRANSFORMATION

CHALLENGE

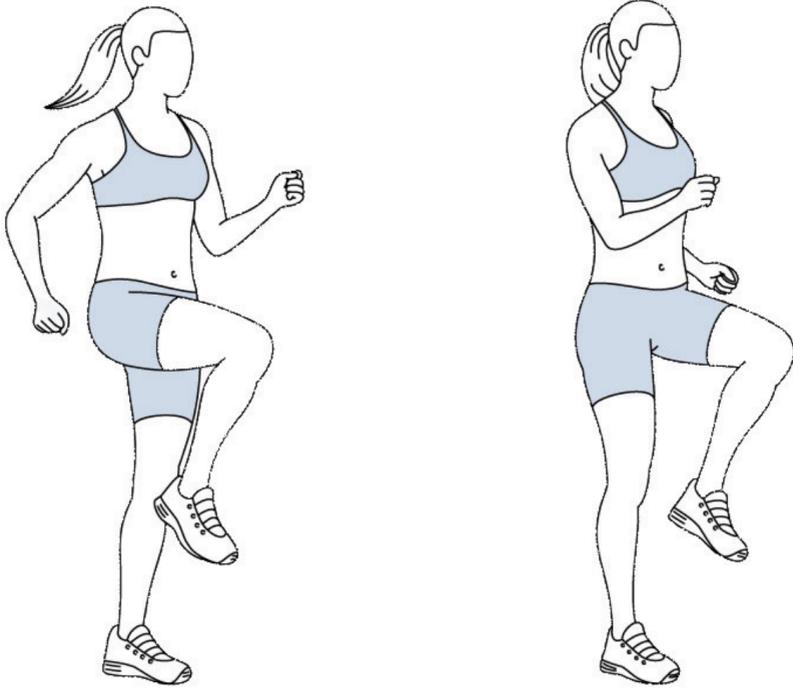
LEARN HOW EFFECTIVE SIMPLE

FITNESS CAN BE.

WEEK 3 VISUAL GUIDE

Warm up

Do each warm up exercise for 1 minute

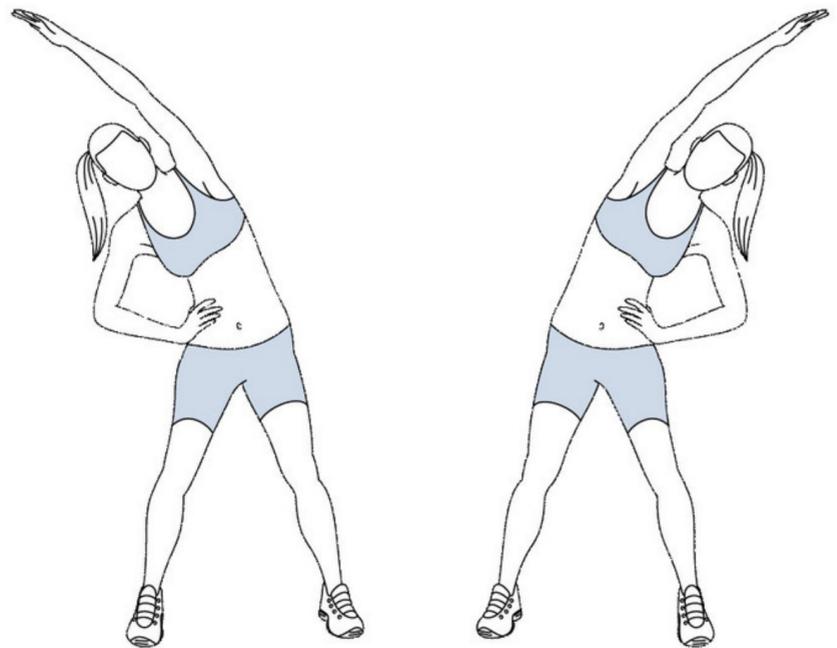


Run in Place

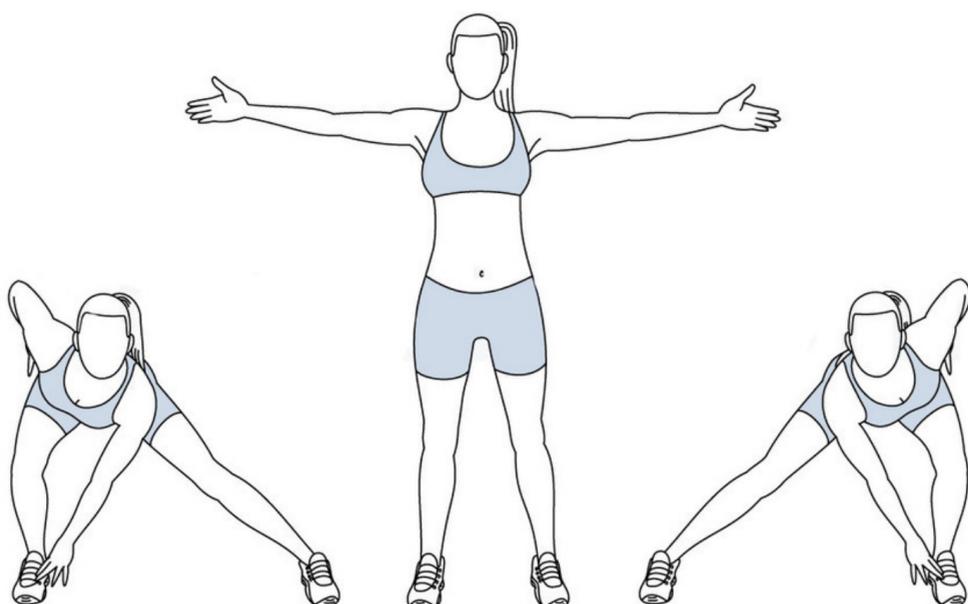
Run in place and bring your knees as high as you can. *Modify by marching in place

Side bends

Alternate side reaches up and over keeping your naval to your spine



Lateral Toe Touch



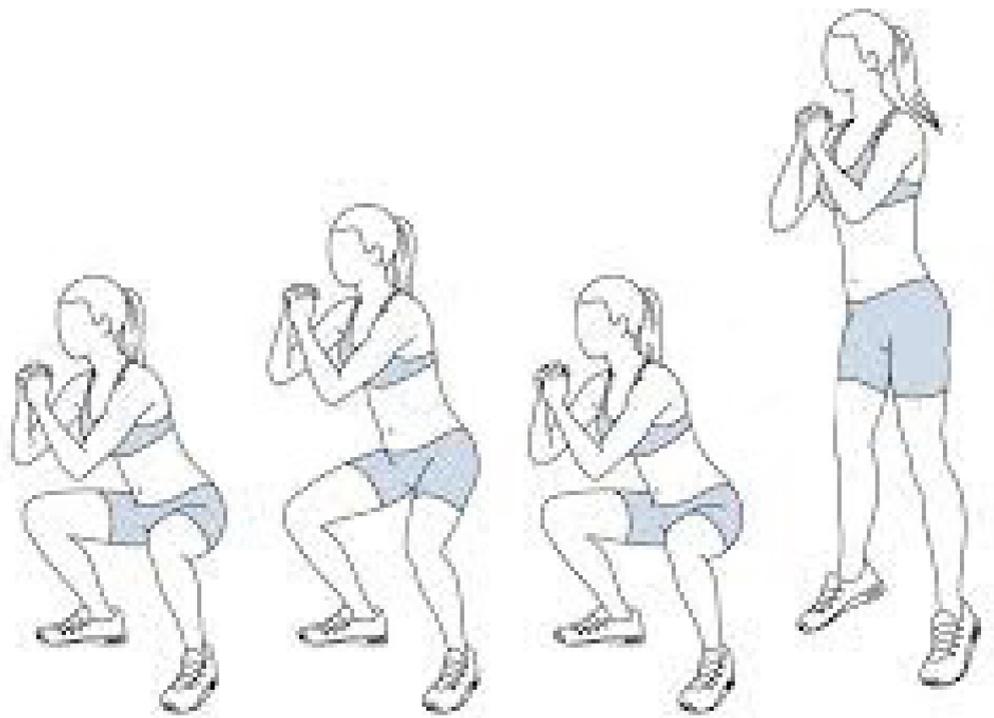
Start by standing with arms out stretched as shown. Lunge laterally to one side and touch opposite hand to opposite toe. Change sides. Repeat for 1 minute

WEEK 3 VISUAL GUIDE

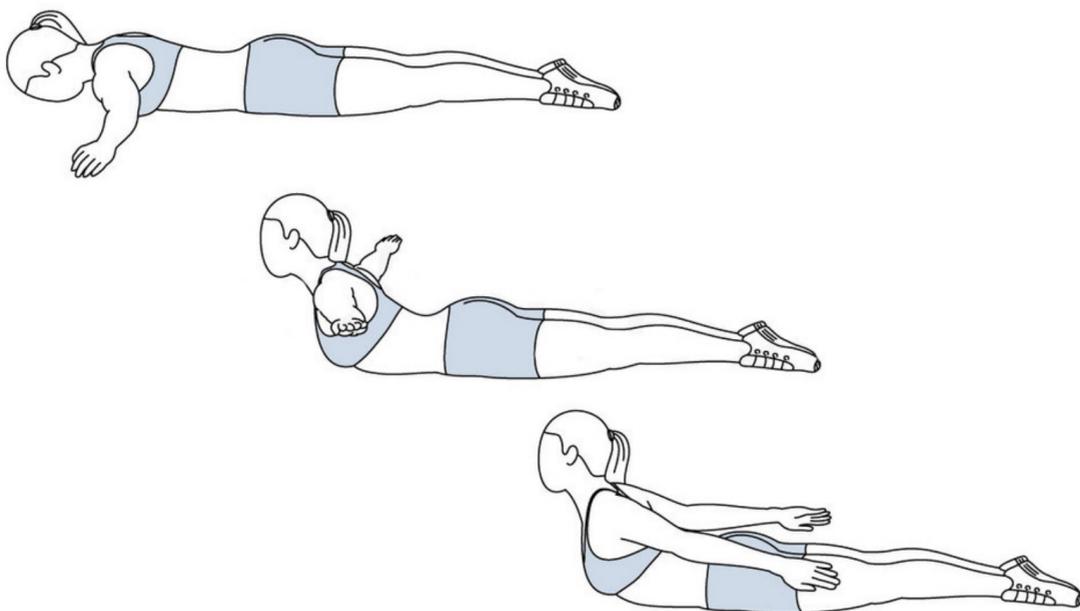
Do this workout for 5 days this week

Begin in a plie position with toes pointed out. Squat down and pulse twice then explosively jump as high as possible into the air and land in a plie squat position. Repeat for reps *Modify and do not jump *Intensify and hold a dumbbell

Plie Squat Pulse Jumps



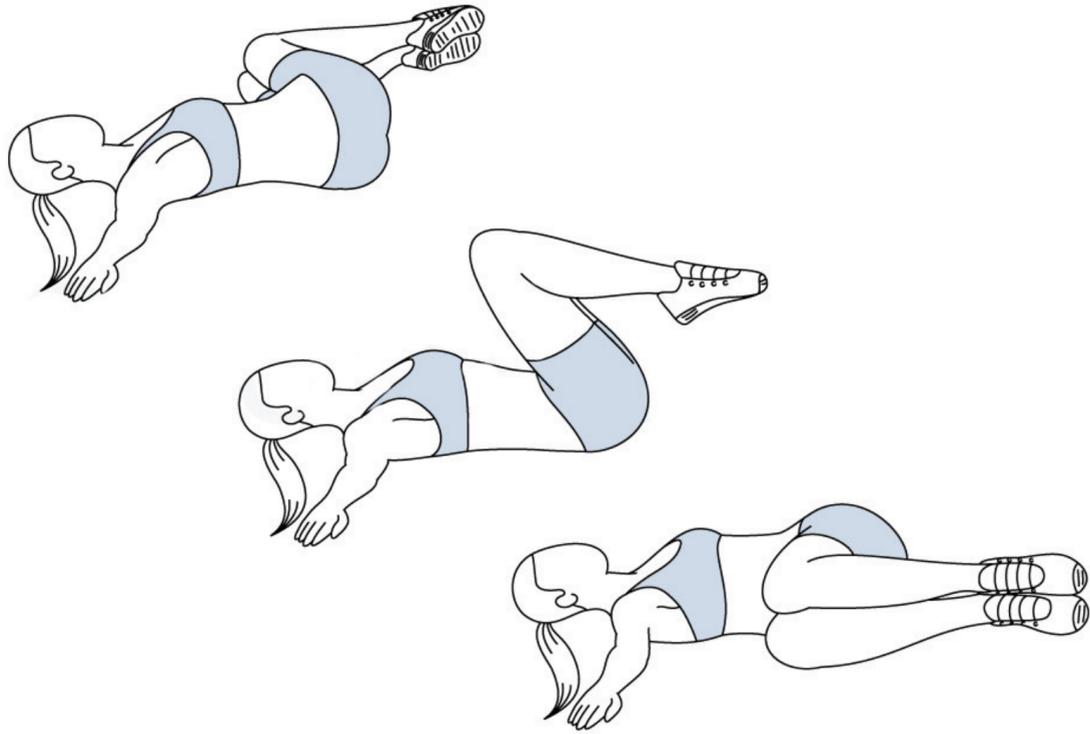
Cobra Lifts



Begin on the ground as shown. Lift your upper body as high as possible as you sweep arms back as shown. Keep your feet on the ground. *Modify and keep both hands on the floor and raise your upper body. *Intensify and hold light hand weights.

WEEK 3 VISUAL GUIDE

Torso Twist



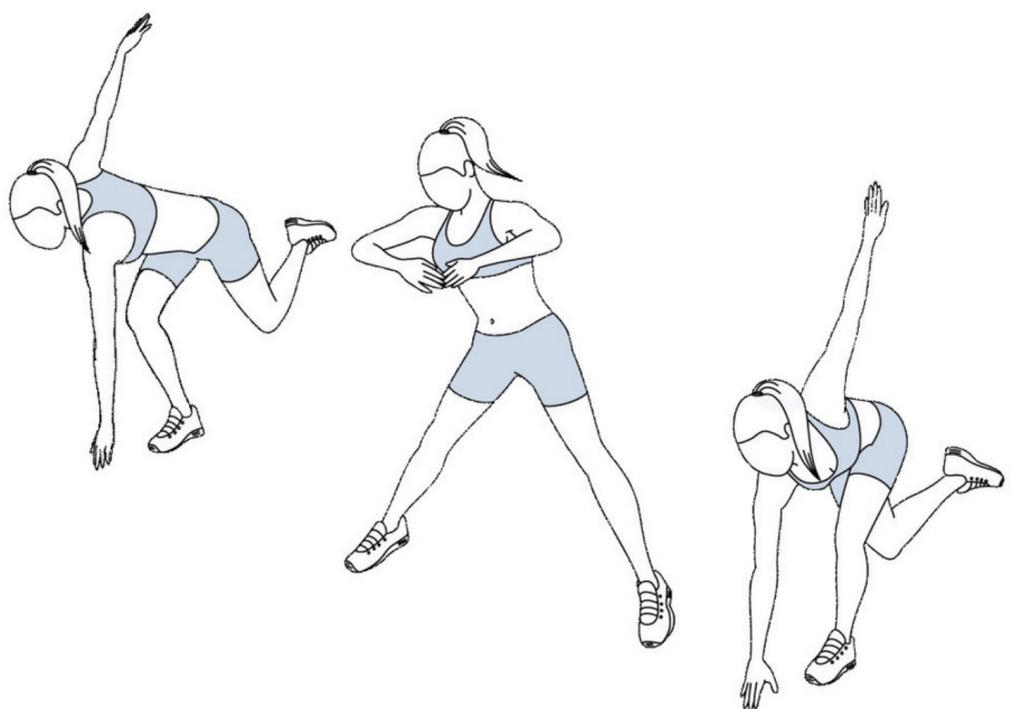
Start on your back with knees bent and hands behind head. Keep your knees together and lower to the ground alternating sides for reps. *Modify and bring your hands out to the sides to support you. *Intensify and straighten your legs.

*Start by jumping out to the side with your R leg. Land on your right foot and balance without allowing L leg to touch the ground. Reach L hand to touch R toe then return to center and repeat on the other side. That is one rep.

*Modify and step out to the side instead of jump

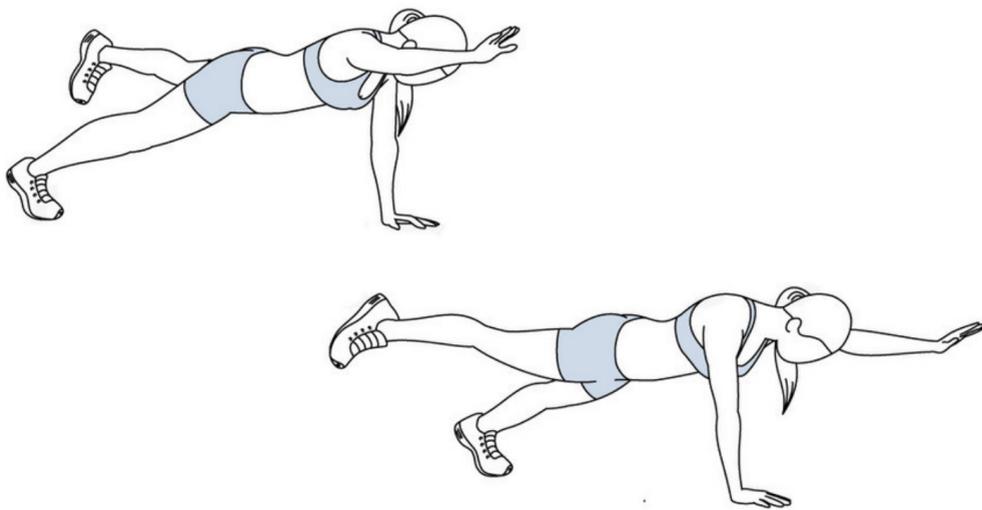
*Intensify and hold a dumbbell

Opposite Jump Reach



WEEK 3 VISUAL GUIDE

Plank reach



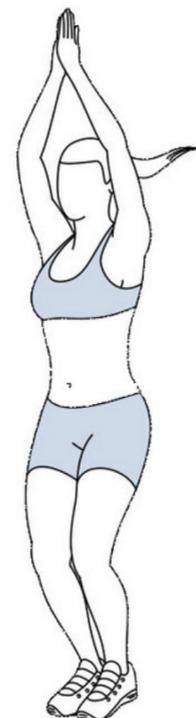
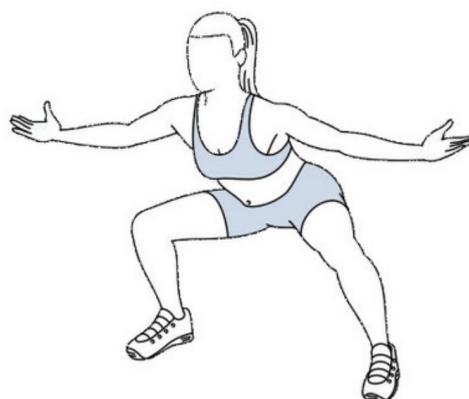
Start by pulling your naval to your spine in plank position. Lift right hand as shown and left leg. Change sides. This is one rep. *Modify and do not lift your leg *Intensify and do a pushup after each rep.

Squat down with your feet wide and hands out wide then jump your feet together and brings hands overhead as you stand. Jump back to a wide legged squat and repeat. *Modify and do jumping jacks *Intensify and hold dumbbells

***Squat Jacks**

***Cardio Blast**

***Optional**

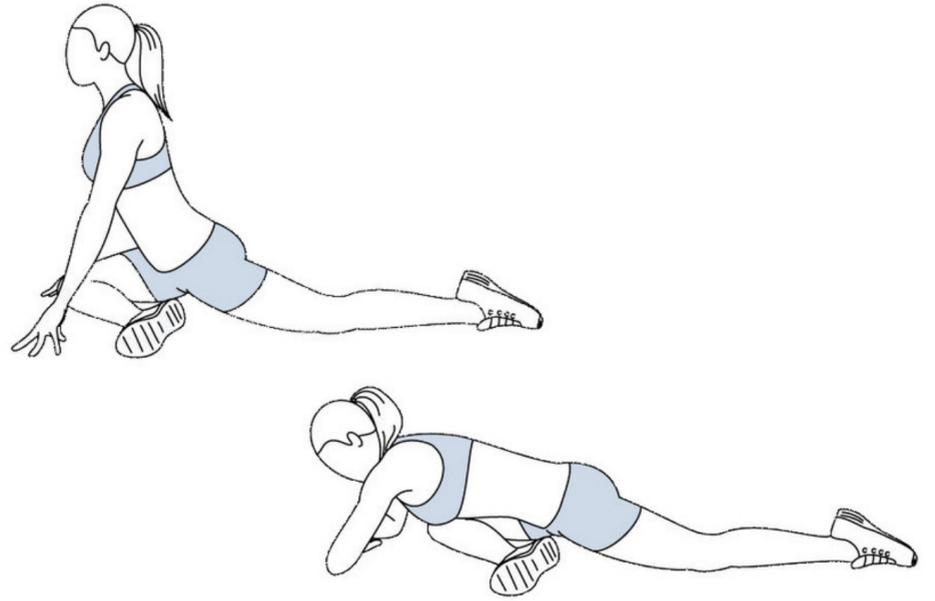


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COOL DOWN/STRETCH WEEK 3

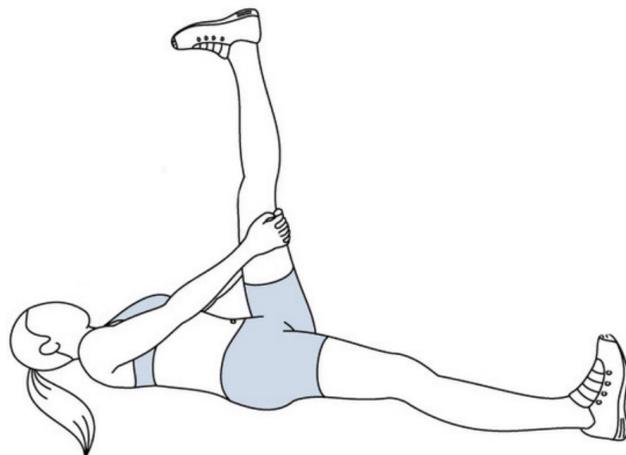
Hold each stretch for 30-45 seconds on each side

Pigeon Stretch



Seated side bend

Hamstring stretch





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Congrats Rockstar! You have completed week 3 of your Challenge! Don't forget to let the crew in our Facebook group hear all about your success and post about your workout in the "Fit in 5 Tribe" Keep tallying your points and be on the look out for an email for your week 4 workout!